

Identifying a Self-Determination Goal Worksheet

Identify an area in which you would like to increase your ability to be self-determined. For example, at home you could take more responsibility for planning your preparing meals or in taking more responsibility for your own health care. In school you could taking take a more active role in IEP meetings; identifying and practicing assistive technology that might be useful in college; learning how to ask for accommodations from teachers or professors. You can use one of these examples or come up with your own.

Where could you begin to work on learning and practicing those skills?

Home _____

School _____

Somewhere else _____

What will it look like when I am more self-determined in this area? This is your goal. (Be specific. For example if you would like to take a more active role in your IEP meeting, you might say: "I will identify at least four goals prior to the meeting that I would like addressed in the IEP and I will explain in the meeting why those goals are important to achieve.". Or you might say: "With support from my teacher I will lead the next IEP meeting.")

What skills will I need to learn to accomplish this goal? Identify the specific skills you will need to *learn* and *practice*.

What are some first steps I can take?

Who can I get support from in accomplishing this goal? For helping learn the skill? In helping me find new opportunities to practice self-determination? For help in identifying other steps I need to take to achieve my goal? (For example, if you want to have a more active role in leading your IEP meetings you may have to approach a teacher or special education teacher to talk with them in advance about doing this. You might also have to find out more about what is involved in leading your own meeting.)

What resources do you **and** those who are supporting you need to help you become more self-determined? (See Self-Determination Resources on the next page for some ideas.)
